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## Food Composition

### Books and Miscellaneous Publications (in order by year)

*Bowes and Church's Food Values of Portions Commonly Used*. 16th ed. Jean A.T. Pennington, Philadelphia, PA: Lippincott. 1994. 483 pp.

*Nutrient Data Bank Directory*. 8th ed. Jack L. Smith. Newark, DE: University of Delaware. Available from: University of Delaware, Dept. of Nutrition and Dietetics, Alison Hall, Newark, DE 19715-3360. 1992. 45 pp.

### INFOODS Food Composition Data Series

- 1) *INFOODS Food Composition Data Interchange Handbook*. John C. Klensin. 1992.
- 2) *Food Composition Data: A User's Perspective*. William M. Rand, Carol T. Windham, Bonita W. Wyse, and Vernon R. Young (eds). 1992 (2nd printing). 236 pp.
- 3) *Identification of Food Components for INFOODS Data Interchange*. John C. Klensin, Diane Feskanich, Victor Lin, A. Stewart Truswell, and David A.T. Southgate. 1992. 112 pp.
- 4) *Compiling Data for Food Composition Data Bases*. William M. Rand, Jean A. T. Pennington, Suzanne P. Murphy, and John C. Klensin. 1992.

The above four publications are available from: United Nations University Press. The United Nations University, 2-15-1 Shibuya, Shibuya-ku, Tokyo 150, Japan.

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The resources listed are judged to be available and accurate. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

5) *International Directory of Food Composition Databases*. Available from: INFOODS Secretariat, Charles Street Station, Box 500, Boston, MA 02114-0500. FAX: 617-227-9405, TEL: 617-227-8747.

*McCance and Widdowson's the Composition of Foods*. 5th ed. B. Holland, et al. Cambridge: UK. Royal Society of Chemistry. 1991. 462 pp.

*Nutritional Cereal Counter; Over 250 Ready-to-Eat Cereals*. St.Paul, MN: Product Information and Analysis. 3rd Quarter, 1991- . Revised quarterly.

*Pearson's Composition and Analysis of Foods*. 9th ed. Ronald S. Kirk and Ronald Sawyer. Essex, England: Longman Scientific & Technical; New York, NY: Wiley. 1991. 708 pp.

*Food Composition and Nutrition Tables*. 1989/90. Rev. S.W. Souci, W. Fachmann, and H. Kraut. Stuttgart: Wissenschaftliche Verlagsgesellschaft. 1989. 1029 pp.

*Food Tables*. A.E. Bender and D.A. Bender. London: University Press. 1987. 48 pp.

*Food Composition Table For Energy And Eight Important Nutrients In Foods Commonly Eaten In East Africa*. Clive E. West, et al. Centre technique de cooperation agricole et rurale.. Shirika la Chakula Bora Tanzania. 1 wall chart. Wageningen, The Netherlands: Wageningen Agricultural University, Dar es Salaam, Tanzania: Tanzania Food and Nutrition Centre. 1987.

*Food Composition Tables for the Near East*. Food & Agriculture Organization, United States Department of Agriculture, Human Nutrition Information Division. Rome: FAO. FAO Food and Nutrition Paper. No. 26. 1982. 265 pp.

## **U.S. Government Publications**

*Microcomputer Software Collection*. Natalie Updegrove. Beltsville, MD: National Agricultural Library. December 1992. 58 pp.

To purchase the publications listed below, contact a local Government Printing Office or contact: Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402. (202) 783-3238. These publications are also available in machine-readable form.



*Composition of Foods... Raw, Processed, Prepared.* U.S. Dept. of Agriculture, Human Nutrition Information Service. Washington, DC: U.S. Government Printing Office. 1976- . 21 vols. and supplements 1989-91. (Agriculture Handbook AH-8-1 through AH-8-21, 1989 Suppl., 1990 Suppl., 1991 Suppl.)

AH-8-1	<u>Dairy and Egg Products</u> Linda P. Posati, Martha Louise Orr	158 pp.	Rev. 1976
AH-8-2	<u>Spices and Herbs</u> Anne C. Marsh, Mary K. Moss, Elizabeth W. Murphy	51 pp.	Rev. 1977
AH-8-3	<u>Baby Foods</u> Susan E. Gebhardt, Rena Cutrufelli, Ruth H. Matthews	255 pp.	Rev. 1978
AH-8-4	<u>Fats and Oils</u> James B. Reeves III, John L. Weihrauch	142 pp.	Rev. 1979
AH-8-5	<u>Poultry Products</u> Linda P. Posati	330 pp.	Rev. 1979
AH-8-6	<u>Soups, Sauces, and Gravies</u> Anne C. Marsh	228 pp.	Rev. 1980
AH-8-7	<u>Sausages and Luncheon Meats</u> Martha Richardson, Linda P. Posati, Barbara A. Anderson	92 pp.	Rev. 1980
AH-8-8	<u>Breakfast Cereals</u> Judith S. Douglass, Ruth H. Matthews, Frank N. Hepburn	160 pp.	Rev. 1982
AH-8-9	<u>Fruits and Fruit Juices</u> Susan E. Gebhardt, Rena Cutrufelli, Ruth H. Matthews	283 pp.	Rev. 1982
AH-8-10	<u>Pork Products</u> Barbara A. Anderson	206 pp.	Rev. 1992
AH-8-11	<u>Vegetable and Vegetable Products</u> David B. Haytowitz, Ruth H. Matthews	502 pp.	Rev. 1984
AH-8-12	<u>Nut and Seed Products</u> Marie A. McCarthy, Ruth H. Matthews	137 pp.	Rev. 1984
AH-8-13	<u>Beef Products</u> Barbara A. Anderson, I. Margaret Hoke	412 pp.	Rev. 1990
AH-8-14	<u>Beverages</u> Rena Cutrufelli, Ruth H. Matthews	173 pp.	Rev. 1986
AH-8-15	<u>Finfish and Shellfish Products</u> Jacob Exler	192 pp.	Rev. 1987
AH-8-16	<u>Legumes and Legume Products</u> David B. Haytowitz, Ruth H. Matthews	156 pp.	Rev. 1986
AH-8-17	<u>Lamb, Veal, and Game Products</u> Barbara A. Anderson	251 pp.	Rev. 1989

AH-8-18	<u>Baked Products</u>	467 pp.	Rev. 1992
	Jean E. Stewart, Junko Alice Tamaki		
AH-8-19	<u>Snacks and Sweets</u>	341 pp.	Rev. 1991
	Rena Cutrufelli, Pamela R. Pehrsson		
AH-8-20	<u>Cereal Grains and Pasta</u>	137 pp.	Rev. 1989
	Dennis Drake, Susan E. Gebhardt, Ruth H. Matthews		
AH-8-21	<u>Fast Foods</u>	194 pp.	Rev. 1988
	Lynn E. Dickey, John L. Weihrauch		
AH-8	<u>1989 Supplement</u>	101 pp.	Rev. 1990
AH-8	<u>1990 Supplement</u>	230 pp.	Rev. 1991
AH-8	<u>1991 Supplement</u>	185 pp.	Rev. 1992

*Sugar Content of Selected Foods: Individual and Total Sugars.* Ruth H. Matthews, Pamela R. Pehrsson, and Mojgan Farhat-Sabet. U.S. Department of Agriculture. Home Economics Research Report No. 48, 1987, 39 pp.

**All provisional tables listed below are available from Nutrient Data Research Branch, Federal Bldg., 6505 Belcrest Rd., Hyattsville, MD 20782. (301)436-8491.**

*Provisional Table on Percent Retention of Nutrients in Food Preparation.* Slightly rev. Sharon L. Garland. April 1984

*HNIS/PT-103 Provisional Table on the Content of Omega-3 Fatty Acids and Other Fat Components in Selected Foods.* Slightly rev. Jacob Exler and John L. Weihrauch. May 1986.

*HNIS/PT-101 Provisional Table on the Fatty Acid and Cholesterol Content of Selected Foods.* Rev. John L. Weihrauch. 1988.

*HNIS/PT-108 Provisional Table on the Vitamin D Content of Foods.* John L. Weihrauch and Junko Tamaki. October 1991.

*HNIS/PT-104 Provisional Table on the Vitamin K Content of Foods.* Rev. John L. Weihrauch and Shanthi A. Bowman. June 1990.

*HNIS/PT-109 Provisional Table on the Selenium Content of Foods.* Susan E. Gebhardt and Joanne M. Holden. Dec. 1992.

### **Journal Articles (in order by year)**

"Comparison of six microcomputer dietary analysis systems with the USDA nutrient data base for standard reference." David C. Nieman, et al. *Journal of the American Dietetic Association*, 92: 48-56. 1992.

- "Food descriptions using taxonomy and the 'Langual' system." Jean A.T. Pennington and Ritva R. Butrum. *Trends In Food Science Technology*, 2 (11): 285-288. 1991.
- "Information technology and food composition databases." J.C. Klensin. *Trends in Food Science Technology*, 2 (11): 279-282. 1991.
- "A nationwide study of the selenium contents and variability in white bread." *Journal of Food Composition and Analysis*, 4: 183-195. 1991.
- "Non-nutrient databases." K. Louekari and S. Salminen. *Trends In Food Science Technology*, 2 (11): 289-292. 1991.
- "Problems in nutritional analysis." J. O'Brien. *Trends in Food Science Technology*, 2 (11): 283-285. 1991.
- "A brief history of the U.S. Department of Agriculture's nutrient data bank." D.B. Haytowitz. *Archivos Latinoamericanos de Nutricion*, 40 (1): 9-21. 1991.
- "Chinese food composition tables: an annotated translation of the 1981 edition." A.G. Ershow and K. Wong-Chen. *Journal of Food Composition and Analysis*, 3 (3/4): 191-434. 1990.
- "Compilation and scrutiny of food composition data." K. Cashel. *Food Australia - Official Journal of CAFTA and AIFST*, 42 (8): S21-S24. 1990.
- "Nutrient data banks-their role in nutrition today." Special report on a symposium sponsored by the American Association of Cereal Chemists Nutrition Division at AACCS' 74th Annual Meeting in Washington, DC, October 1989. *Cereal Foods World*, 35 (7): 653-659. 1990.
- "Nutrient values in indigenous wild plant greens and roots used by the Nuxalk people of Bella Coola, British Columbia." H. Kuhnlein. *Journal of Food Composition and Analysis*, 3 (1): 38-46. 1990.
- "Sodium, potassium, calcium, phosphorus, and magnesium in foods from the United States Total Diet Study." J.A.T. Pennington and B. Young. *Journal of Food Composition and Analysis*, 3 (2): 145-165. 1990.



"The uses of food compositional data in nutritional epidemiology." K.I. Baghurst and P.A. Baghurst. *Food Australia - Official Journal of CAFTA and AIFST*, 42 (8): S11-S13. 1990.

"Vitamin B-6 intakes of lactating women: analyzed vs calculated values." A.R. Mangels, P.B. Moser-Veillon, M.B. Andon, and R.D. Reynolds. *Journal of the American Dietetic Association*, 90 (6): 857-859. 1990.

"Australian nutrient data tables" K. Cashel. *Food Australia - Official Journal of CAFTA and AIFST*, 41 (11): 1034-1035. 1989.

"The copper content of foods based on a critical evaluation of published analytical data." D.G. Lurie, J.M. Holden, A. Schubert, W.R. Wolf, and N.J. Miller-Ihli. *Journal of Food Composition and Analysis*, 2 (4): 298-316. 1989.

"Effects of thermal processing upon vitamins and proteins in foods." Jane M. Dietz and John W. Erdman. *Nutrition Today*, 6-15. July/Aug. 1989.

"Bias and error in the determination of common macronutrients in foods: interlaboratory trial." Peter C.H. Hollman and Martijn B. Katan. *Journal of the American Dietetic Association*, 88: 556-563. 1988.

"Food composition tables in the calculation of the nutrient content of mixed diets." L. Stockley. *Journal of Human Nutrition and Dietetics*, 1(3): 187-195. 1988.

"Sources of data for developing and maintaining a nutrient database." Sally F. Schakel, Yvonne A. Sievert, and I. Marilyn Buzzard. *Journal of the American Dietetic Association*, 88: 1268-1271. 1988.

"Missing values in European food composition tables and nutrient data bases: preliminary results of a survey." B. Meyer, H.J.C. Van-Oosten-Van Der Goes, W.A. Van Staveren, and C.E. West. *Food Sciences and Nutrition*, 42F (1): 29-34. 1988.

"An abbreviated food table using food groups for the calculation of energy, protein, fat, carbohydrate, total sugars, starch, and dietary fibre." C.A. Hurren, L. Stockley, and A.J. Broadhurst. *Nutrition Research*, 7 (1): 15-25. 1987.

"Calculated versus analytical nutrient values of diets in research studies." P.M. Giovannetti. *Journal of the Canadian Dietetic Association*, 48 (2): 95, 98-102. 1987.



"Composition of Australian fresh fruit and vegetables." R.B.H. Wills. *Food Technology in Australia*, 39 (11): 523-526. 1987.

"Sources of error and variability in dietary assessment methods: a review." R.S. Gibson. *Journal of the Canadian Dietetic Association*, 48 (3): 150-155. 1987.

"Comparison of calculated estimates and laboratory analysis of food offered to hospitalized eating disorder patients." R. Petersen, W.H. Kaye, and H.E. Gwirtsman. *Journal of the American Dietetic Association*, 86(4): 490-492. 1986.

"Criteria to be used for acceptance of data in nutrient data bases." D.A.T. Southgate. *Annals of Nutrition and Metabolism*, 29 (suppl. 1): 49-53. 1985.

"Eurofoods: towards compatibility of nutrient data banks in Europe." C.E. West, (guest ed.). A.B. Cramwinckel, L. Bergstrom, A. Moller, J.H. Jensen, M. Ahola, and A.H. Rimestad. *Annals of Nutrition and Metabolism*, 29 (Suppl. 1): 72pp. 1985.

"Food composition tables: recommended method for deriving nutrient values in their preparation." W. Polacchi. *Journal of the American Dietetic Association*, 85 (9): 1134-1136. 1985.

"Footnotes to food tables: 1. Differences in nutrient intakes of dietitians as calculated from the DHSS food tables and the fourth edition of McCance and Widdowson's 'The composition of Foods'." A.E. Black, C. Ravenscroft, and A.A. Paul. *Human Nutrition : Applied nutrition*, 39A (1): 9-18. 1985.

"Nutrient data banks from the point of view of the computer programmer." K.C. Day. *Annals of Nutrition and Metabolism*, 29 (suppl. 1): 54-59. 1985.

"Review of food composition tables and nutrient data banks in Europe." L. Bergstrom, A. Moller, J. Hojmark Jensen, M. Ahola, A.H. Rimestad, M. Veitl, G. Verdonk, H. Claesen, H. Rottka, and W. Polenski. *Annals of Nutrition and Metabolism*, 29 (suppl. 1): 11-45. 1985.

"Summary of survey of food composition tables and nutrient data banks in Europe." L. Arab. *Annals of Nutrition and Metabolism*, 29 (supplement 1): 39-45. 1985.

"Nutrients in vegetarian foods." Delores D. Truesdell, Eleanor N. Whitney, and Phyllis B. Acosta, *Journal of the American Dietetic Association*, 84 (1): 28-35. 1984.

## Contacts for Assistance

### National Contacts

Food and Nutrition Information Center, National Agricultural Library, USDA, 10301 Baltimore Blvd., Room 304, Beltsville, MD 20705. (301) 504-5719.

Food companies, grocery chains, and restaurant franchises - contact the companies consumer affairs department concerning nutrient and energy (caloric) content of their products. Check food labels for addresses.

Nutrient Data Research Branch, Nutrition Monitoring Division, Human Nutrition Information Service, U.S. Department of Agriculture, Rm. 315 Federal Bldg., 6505 Belcrest Rd., Hyattsville, MD 20782. Telephone: (301) 436-8491.

Penn State Nutrition Center, The Pennsylvania State University, Ruth Building, 417 E. Calder Way, University Park, PA 16801-5663. (814) 865-6323.

**Nutrient Data Bank Bulletin Board.** A service maintained by USDA-HNIS to provide information on its publications and data files. A number of data files are also available for downloading. You need a Personal Computer (PC), a modem, and a communications package. The phone number is (301) 436-5078. The information and data files on the Bulletin Board are also available through Internet. To access the data through Internet type:

telnet info.umd.edu

at your system prompt. The logon ID is **info**, press return or enter when prompted for the password. Food composition data is under NutrientData in the Government directory under US in the Info menu system.

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